

## CLIENT PHOTOGRAPHY GUIDE

# Gynaecomastia Removal.

### DO I HAVE TO TAKE PHOTOS?

It's normal to feel anxious about taking and submitting personal photos. However, they are an essential part of your Plastic Surgery journey and are used in a number of ways:

- As a planning tool for your Surgeon
- To inform your Surgical Quote
- As a baseline to measure your results

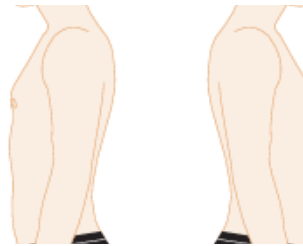
Trust us. No one is more understanding of the necessity of maintaining privacy throughout your plastic surgery journey than we are. Like other personal client information collected during your journey, your photos remain confidential.

### INSTRUCTIONS

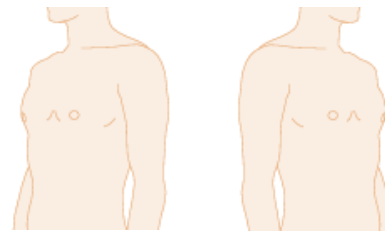
To assist your Assessment, please:

- Have someone else take the photos
- Ensure photos are clear and in focus
- Take the photos in good lighting with minimal shadows on the body.
- Take photos in front of a plain wall.
- Take photos in a standing position.
- Photos should show upper neck to lower hips.
- Stand naturally - do not push out chest
- Remove all upper garments
- Photos must be taken from nipple height.

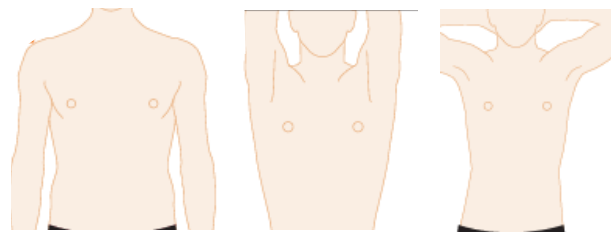
### PHOTOS WE REQUIRE



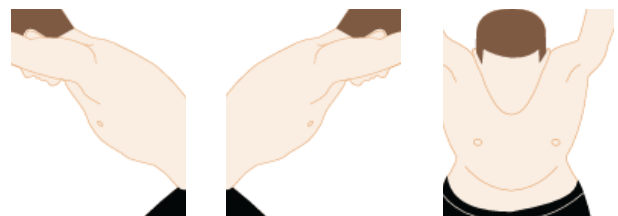
**LEFT and RIGHT**  
Arms Down and Slightly Back



**LEFT and RIGHT at 45° ANGLE**  
Arms Down and Slightly Back



**FRONT**  
Arms Down, Arms Up and Arms On Head



**LEFT, RIGHT and FRONT**  
Dive Position

### SUBMITTING YOUR PHOTOS

If photos are larger than 1MB, please email each photo separately to [info@cosmeditour.com](mailto:info@cosmeditour.com)